

Dear [Name],

I hope this letter finds you in a moment of peace. I want you to know how incredibly brave you are for facing the challenges that lie ahead. Healing is not a linear journey, and it's okay to have ups and downs along the way.

Remember, it's absolutely normal to feel a range of emotions. Allow yourself to feel, to breathe, and to take one day at a time. Surround yourself with those who love and support you, and don't hesitate to reach out when you need a listening ear.

Each small step you take is a victory. Be gentle with yourself, and celebrate the progress you've made, no matter how small it may seem. You're stronger than you know, and I believe in you wholeheartedly.

Take care of yourself, and know that I'm here for you every step of the way.

With all my love and support,

[Your Name]